

Symbolic Code

Spring 2010



The Man 666 Priest or President?

8 Three Requisites
to Victory

11 Motherhood

19 Seven daily
Routines

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Symbolic Code

It is the mission of the *Symbolic Code* to declare the Gospel of Jesus for these last days. It will present important truths from different angles and on various topics. We hope that every article will be a blessing to you and help to strengthen your relationship with the Lord Jesus. If you are blessed by any of these articles, please let us know.

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The *Symbolic Code* is a free publication, available to Davidians. That everyone who thirsteth for the truth may find it, this magazine, as a Christian service, is mailed without charge. Send for it. It levies but one exaction, the soul's obligation to itself to prove all things and hold fast that which is good. The only strings attach to this free proffer are the golden strands of Eden and the crimson cords of Calvary—the ties that bind.

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We are interested in articles on:

- Christian living
- End time events
- News events
- Health
- Relationship (marriage, family, etc.)

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Exemplifying the Truth

Next month in Atlanta, Georgia, The General Conference of Seventh-Day Adventists will gather for its 58th General Conference Session. Undoubtedly, many Present Truth Believers will descend on the scene to share the Judgment of the Living Message and try to convince our beloved brethren that *judgment will begin at the house of God* with the fulfillment of Ezekiel 9 in the Seventh-Day Adventist Church. While we are not sure what the focus of this General Conference will be, the impending judgment should be at the forefront. The recent rapid events—natural disasters, economic downturn, among other things, which are occurring in not only the United States but in other parts of the world as well, should be a wake up call to all of us. As people of Prophecy, we know things will only get worse. Yet, the very message which is to prepare us to stand for God, is being rejected and unfortunately so is the Spirit of Prophecy. The decisions and preparations we make now will determine how we will stand when the real trouble for God's people comes.

“I was pointed to those who claim to be Adventists, but who reject the present truth, and saw that they were crumbling and that the hand of the Lord was in their midst to divide and scatter them now in the gathering time, so that the precious jewels among them, who have formerly been deceived, may have their eyes opened to see their true state. And now when the truth is presented to them by the Lord's messengers, they are prepared to listen, and see its beauty and harmony . . . embrace the precious truth and stand where they can define their position.” *Early Writings* p. 69.

“I saw that many were neglecting the preparation so needful and were looking to the time of ‘refreshing’ and the ‘latter rain’ to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation; therefore they could not receive the refreshing that all must have to fit them to live in the sight of a holy God.” *Early Writings* p. 71.

So, as we engage in this endeavor [sharing the message], let us be very careful to give no occasion for our good to be evil spoken of and keep in mind that we are not superior to our fellow Adventists by virtue of knowing and accepting Present Truth, “For we ourselves also were [are] sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful But after that the kindness and love of God our Saviour Not by works of righteousness which we have done, but according to his mercy he saved us.” *Titus* 3:3-5.

Let Christ be seen in all encounters.

—Editors

FieldReport

Our Bible Workers have been busy on the Mission field over the past months.

Mexico - Bro. Stanford recently returned from visiting with the Spanish brethren in California and Mexico. The main purpose of his trip was to respond to an invitation from the Mexican brethren to consider unity issues at their general meeting which was held during the time of his visit. He reports that the trip was, overall, a blessing and with much prayer and divine help, many issues were clarified. He indicated that most of the brethren there are desirous of uniting with New York and going forward with the Lord's work. Indeed, "Oh that men would praise the Lord for his goodness and for His wonderful works toward the children of men." Ps. 107:8.

California - Bro. Glenroy Matthews spent approximately two weeks with the brethren in California. He was sent as an emissary of peace, reaching out, as it were, to our Spanish brethren. Some of the brethren indicated a willingness to reunite with Headquarters in an effort to help push forward this wonderful Present-Truth message. Let us continue our faithful prayers brethren, so that we can join forces and work for the Master in such a manner as has never seen before. "Is anything too hard for the Lord?" Gen. 18:14.

Martinique - Bros. Seraphin, Matthews, and Stanford were all privileged to visit with and encourage our brethren in Martinique over the past months. Our most recent visitor, Bro. Stanford reports that God is blessing the brethren richly in this part of the vineyard. He was able, with God's help, to build morale and encourage the discouraged. Just before his return to Headquarters, he was blessed to see brethren revived and many, many souls rejoicing in Present Truth. They really appreciated the studies. Praise the Lord indeed! Though the harvest is plenteous and the laborers few, how richly God blesses the efforts of his self-denying workers. Please let us keep these beloved brethren in our prayers as subsequently they have come under strong attack from the enemy.

France - God's work is progressing wonderfully in France. Bro. Seraphin and Bro. Stanford, our two French-speaking ministers, have been able to do much promising work. Early this year, Bro. Seraphin conducted several seminars which, praise the Lord was very successful! Bro. Stanford

recently spent three Sabbaths there, meeting with brethren from various Rod groups. He reports that they enjoyed rich spiritual blessings and fellowship as they sank the shaft deep into the mine of Present Truth. Please remember to keep all these brethren in your prayers.

England - Bro. Glenroy Matthews has been visiting different European countries spreading the message even as the "Leaves of Autumn." He is presently at Headquarters working in the print shop, helping to prepare material for distribution at the upcoming General Conference Session.

USA - Bros. Harrison and Seraphin have been concentrating their efforts in the Tri-State area (New Jersey, Connecticut and New York). We are soliciting your prayers on the Bible Workers/Ministers' behalf that God will continue to bless them with health and strength as they go forward delivering this precious message to our brethren in the Church.

Finally beloved, since the harvest is so plenteous and the laborers so few, let us endeavor to do what the Master says: "Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest." Mat. 9:38 – His great international harvest and Vineyard.



Brethren in France as they prepare for Bible study.



Bro. Stanford visited Mexico recently as a delegate to attend their local General Meeting and to discuss the possibility of our Spanish brethren in Mexico reuniting with Mountain Dale headquarters to help advance the work in the Spanish field.



Brethren on the beautiful Island of Martinique at a recent Bible study.

Some of the brethren in California at a Bible study conducted by one of our Bible workers.



We are to study the sixty-fifth chapter of Isaiah. As we study we shall see that it bears record of things that take place in the period before the earth is made new, and in the period after it is made new. We shall begin our study with the first verse.

Isa. 65:1 – “I am sought of them that asked not for me: I am found of them that sought Me not: I said, Behold Me, behold Me, unto a nation

the well-informed in the things of God, and the ignorant Gentiles. While the former are pulling away, although the Lord is tearfully pleading with them, the latter are drawing nigh to him. Here we see how patient God is. He continues to plead on and on. It is hard for Him to give up a sinner before all possible means to save are exhausted. Here is clearly seen that it is easier to save a heathen than it is to save a well satisfied de-

commanded to be built?

Verse 4 – “Which remain among the graves, and lodge in the monuments, which eat swine’s flesh, and broth of abominable things is in their vessels.”

To remain among the graves is to be denied of having a part in the resurrection of the saints. And to lodge in the monuments is to live in a so-called exalted cliff of live – dead to God and alive to the world.

Before *and* After *the* K I N G D O M

By Victor Houteff

that was not called by My name.”

Paul, writing to the Romans, applies this verse to the Gentiles coming into the Gospel (Rom. 10:20). They are, therefore, those who sought the Lord without asking for Him and those who found him without seeking after Him. This condition laden with results, points out that the Lord is easily found.

Verse 2 – “I have spread out My hands all the day unto a rebellious people, which walketh in a way that was not good, after their own thoughts.”

Here is a great contrast between

luded Christian.

Verse 3 – “A people that provoketh Me to anger continually to My face; that sacrificeth in gardens, and burneth incense upon alters of brick.”

To sacrifice in gardens is to make a display of religion, and altars of brick (the product of man, not of God’s creation as is stone), are the works of man. Cain offered an undesirable sacrifice, but the people brought to view in this scripture offer on an undesirable altar. The one is as bad as the other. And what could altars of brick be if not places of worship which God Himself has not

The Jews were quite careful of what they ate, but here is a forecast of people whose appetites are as loose as were Adam’s and Eve’s while partaking of the forbidden fruit.

Although we as a people profess to be strict in keeping the unclean meats away from our tables, the scripture, nevertheless, unveils the shameful truth. It makes known that many are indulging in these abominable things. In one part of the world perhaps they indulge in one abomination, and in another part of the world they indulge in another abomination.

Here we see how patient God is. He continues to plead on and on. It is hard for Him to give up a sinner before all possible means to save are exhausted.

Verse 5 – “Which say, stand by thyself, come not near to me; for I am holier than thou. These are a smoke, in My nose, a fire that burneth all the day.”

On the one hand they are as careless as they can be, eating anything and everything, clean and unclean alike. And on the other hand, they have a high opinion of themselves – they think



themselves holier than any others. Plainly, then, those who indulge in the abominations which verse four tells about, are the very ones who protest against having communion with those who try to live a life consistent with their profession, fearing that reformation might take place. Satanic indeed! God hates hypocrites more than He hates any other kind of sinners. Those who are thus pushed to the right and to the left, see the perfect fulfillment of this scripture at this very time.

Verses 6,7 – “Behold, it is written before Me: I will not keep silence, but will recompense, even recompense into their bosom, your iniquities, and the iniquities of your fathers together, saith the Lord, which have burned in-

cense upon the mountains, and blasphemed Me upon the hills: therefore will I measure their former work into their bosom.”

Verse six needs no comments, and but a sentence on verse seven will suffice. The Pharisees of yesterday and the Pharisees of today, so to speak, we see are to receive similar rewards.

Verses 8, 9 – “Thus saith the Lord, As the new wine is found

the singular “it,” and makes the symbolism carry both thoughts, the Kingdom and the location of it. The verse that follows verifies this very thought.

Verse 10 – “And Sharon shall be a fold of flocks, and the Valley of Achor a place for the herds to lie down in, for My people that have sought Me.”

Verses nine and ten carry us from the Jewish period into the Christian era, then down to the restoration and

Here is clearly seen that it is easier to save a heathen than it is to save a well satisfied deluded Christian.

in the cluster, and one saith, Destroy it not; for a blessing is in it: so will I do for My servants’ sakes, that I may not destroy them all. And I will bring forth a seed out of Jacob, and out of Judah an inheritor of My mountains: and Mine elect shall inherit it, and My servants shall dwell there.”

The seed of Jacob, the inheritor out of Judah is, of course, Christ. The elect, His servants, are those who escape the destruction here mentioned. They are to be a blessing to others. Symbolically speaking, the mountains are the kingdoms of Judah and Israel gathered together as also foretold in Eze. 37:16-28. But if taken literally, the mountains are those in the Promised Land. The phrase, “Mine elect shall inherit “it,” changed the object from the plural “mountains” to

consolidation of the kingdoms of Judah and Israel in the land of our fathers, Sharon and Achor.

Verse 11 - “But ye are they that forsake the Lord, that forget My holy mountain, that prepare a table for that troop, and that furnish the drink offering unto that number.”

Those who are ... destroyed are those who do not particularly care for His holy mountain, the Kingdom mentioned in these scriptures. They are those who prepare a table, or who assemble passages of Scripture taken out of their setting, and with them they feed (teach) the group, or the troop that is of the same mind as themselves. To “furnish the drink offering” is as much as to say that the troop is drinking in whatever their teachers put out. p

The time had come for the disciples who had been most closely associated with Christ to unite more directly in His work, that these vast throngs might not be left uncared for, as sheep without a shepherd. Some of these disciples had joined themselves to Him at the beginning of His ministry, and nearly all the twelve had been associated together as members of the family of Jesus. Yet they also, misled by the teaching of the rabbis, shared the popular expectation of an earthly kingdom. They could not comprehend the movements of Jesus. Already they had been perplexed and troubled that He made

From this reading we can see what the Christian does before his conversion, and this afternoon we are to study further what the Christian does after his conversion.

Heb. 11:1, 4, 5, 7, 8, 20-23, 31 – “Now faith is the substance of things hoped for, the evidence of things not seen. By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh. By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this



The 3 Requisites to VICTORY

By Victor Houteff

no effort to strengthen His cause by securing the support of the priests and rabbis, that He did nothing to establish His authority as an earthly king. A great work was yet to be accomplished for these disciples before they would be prepared for the sacred trust that would be theirs when Jesus should ascend to heaven. Yet they had responded to the love of Christ, and though slow of heart to believe, Jesus saw in them those whom He could train and discipline for His great work. And now that they had been long enough with Him to establish, in a measure, their faith in the divine character of His mission, and the people also had received evidence of His power which they could not question, the way was prepared for an avowal of the principles of His kingdom that would help them to comprehend its true nature.” —Mount of Blessing, pp. 11, 12.

testimony, that he pleased God.... By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith. By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.... By faith Isaac blessed Jacob and Esau concerning things to come. By faith Jacob, when he was a dying, blessed both the sons of Joseph; and worshipped, leaning upon the top of his staff. By faith Joseph, when he died, made mention of the departing of the children of Israel; and gave commandment concerning his bones. By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's command-

ment.... By faith the harlot Rahab perished not with them that believed not, when she had received the spies with peace.”

This is what faith wrought in the instances we just read about, but something else must also be needed besides faith. Num. 13:20 – “...And be ye of good courage, and bring of the fruit of the land. Now the time was the time of the firstripe grapes.”

The twelve spies whom Moses sent to investigate Canaan were commanded to be of good courage. Had all the spies shared in the courage Moses all along had possessed, they would not have been tempted by unbelief at this time. And not only the ten disheartened spies, but the whole multitude of Israel except two who were over twenty years of age when they came up out of Egypt, died outside the land of promise because of their lack of courage. What a costly defeat! Here we can also see that it is just as fatal to believe a disheartening report brought by others as it is to make the report. Forty years later Joshua sent two men again to secretly “view” Canaan and this was their report:

Josh. 2:23, 24 – “So the two men returned, and descended from the mountain, and passed over, and came to Joshua the son of Nun, and told him all things that befell them: and they said unto Joshua, Truly the Lord hath delivered into our hands all the land; for even all the inhabitants of the country do faint because of us.”

This is the report of these two spies. A courageous report it was. God's men knew that God had delivered the land to them when they saw that the people's hearts fainted because of them as is recorded in the testimony of Rahab:

Josh. 2:8-11 – “And before they were laid down, she came up unto them upon the roof; and she said unto the men, I know that the Lord hath given you the land, and that your terror is fallen upon us, and that all the inhabitants of the land faint because of you. For we have heard how the Lord dried up the water of the Red Sea for you, when ye came out of Egypt; and what ye did unto the two kings of the Amorites, that were on the other side of Jordan, Sihon and Og, whom ye utterly destroyed. And as soon as we had heard these things, our hearts did melt, neither did there remain any more courage in any man, because of you: for the Lord your God, He is God in heaven above, and in earth beneath.”

Yes, the inhabitants of Jericho all lost courage—and that was the beginning of their defeat.

In order for Christians to be victorious they must possess (1) faith – Hebrews 11; (2) courage – Joshua 2; (3) ac-

tion – Exodus 14. Ex.14:11-16 – “And they said unto Moses, because there were no graves in Egypt, hast thou taken us away to die in the wilderness? Wherefore hast thou dealt thus with us, to carry us forth out of Egypt? Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness.

“And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which He will shew to you today: for the Egyptians whom ye have seen today, ye shall see them again no more for ever. The Lord shall fight for you, and ye shall hold your peace.

“And the Lord said unto Moses, Wherefore criest thou unto Me? Speak unto the children of Israel, that they go forward: But lift thou up thy rod, and stretch out thine hand over the sea, and divide it: and the children of Israel shall go on dry ground through the midst of the sea.”

Here we see a picture of all Israel with no courage just at a time when they so much needed it. To solve their problem did God command them to sit down and pray?—No, the command was that they go forward, that Moses first lift his rod and stretch forth his hand to divide the sea, and that the multitude go on through. To all human reasoning this command would seem utterly foolish in the face of their predicament, but God knew all about it. He knew what He was doing when He led them there, too. He was about to bring to pass so great an event that it would bring fear upon the heathen and thus help make possible God's people taking the land of their promise, as well as to relieve them of the pursuing Egyptians.

This lesson shows that unfailing faith, courage, and action is the cooperation that is required from the converted Christian every advance step of the way in God's leading, and it always brings success.

The Midianites also lost courage and they were defeated. Yes, discouragement does bring defeat. Discouragement is one of the snares of the Devil to bring defeat to God's people if they allow it.

In the days of King Belshazzar there was a war in which the Medes and Persians wanted to break through the walls of Babylon and subdue her under their rule. You recall that the Babylonians suddenly lost out because they were over-confident. Yes, they had placed all their confidence in their strong walls!

To bring this lesson down to our time we find from Holy Writ that the cause of the Laodiceans' downfall is due to the operation of the same principle that brought Babylon's defeat—over-confidence. Yes, they say they are

rich in Truth and have need of no more although God says that they are "wretched, and miserable, and poor, and blind, and naked." Thus they have fallen into the Devil's trap for them.

In warfare you know that each side tries to confuse its enemy and break their morale with the end in view of weakening the enemy and thus making its own victory easier. And when they plan their attacks and invasions they attempt to make them in the places they think their enemy would least suspect.

In the spiritual warfare the Christians' Adversary does not nap. He, too, seeks his opportunity to break down their courage and morale and thus make sure to accomplish their defeat as we saw demonstrated in the examples we have cited today. And do not think for a moment that he is not looking for the vulnerable point in us, too, that he might strike and cause our defeat. We could expect his assault upon us to come from the place we least expect it. So, unless we know what our weakest spot is how could we know where the Devil is going to attack us?

The Enemy made Laodiceans believe they have no need of more Truth, that they have all Truth that is necessary to get them through Heaven's portals, although God has declared that they are in need of everything, and are about to be "spued out" (Rev. 3:16).

Now we really are enriched with Truth if we have studied and assimilated what has been given us, for we have had made available to us the "gold that is tried in the fire" that we might be rich, the "eyesalve" that we "might see," and the "raiment" with which we may be covered (Rev. 3), and the "extra oil" that our way might be lighted (Matt. 25). Therefore the Devil is not going to attack us where he attacked Laodiceans, but he will tell us that we are poor in Truth. He will do this in almost any way. The testimonies I heard some give here last night showed just that. Such testimonies would not spawn courage in anyone, but they rather would bring nothing but discouragement. For anybody to come to a meeting and manifest discouragement, it is a sure sign of his own personal spiritual bankruptcy, his personal defeat.

And what kind of daily testimony do you give in your associations with others by word or by pen?

There is only one road, but it has two sides to it: On one side are the Laodiceans saying, Fear not, everything is all right. I saw some Davidians last night on the other side of the road discouraged with everything. Neither is right. Neither is trusting in God. 1 Tim. 3:7, 8 — "Moreover he must have a good report of them which are without; lest he fall into reproach and the snare of the Devil.

Likewise must the deacons be grave, not double-tongued,..."

Yes, the men in God's service must be able to bring a good report of themselves and must not be double-tongued—he must not bring a mixture of good and bad reports which in nearly every case is calculated to serve his own selfish interest, or it reflects his low spiritual condition. When one starts giving bad reports he is either assuredly falling into a snare of the Devil, or it is an index that he has already fallen into the snare.

James 2:17-20 — "Even so faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works. Thou believest that there is one God; thou doest well: the devils also believe, and tremble. But wilt thou know, O vain man, that faith without works is dead?"

The only way we can show our faith to others is by our deeds, our works.

What does it mean to confess our faults one to another? We do that when we make our faults right with those whom we have wrongly influenced. But last night this is not what we heard in some of the testimonies that were spoken. The converted Christian always has a good report; he is a man of faith, courage, and works; he is a Davidian indeed. Rev. 12:10, 11 — "And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the Kingdom of our God, and the power of His Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."

It is for us to go through with these who shall be given sure and complete victory over the Evil One. Let none, therefore, fall into the snare he has set for us. p

Taken from *The Symbolic Code* Vol. 11, No. 2, page

It has been noted in the news media that the NOW (National Organization of Women) organization has reduced MOTHERHOOD to a less than honorable estate. In God's eyes, however the role of MOTHERHOOD is the noblest endeavor on earth. "The management and instruction of children is the noblest missionary work that any man or woman can undertake." *Counsels on Education*, p. 205.

Let us briefly explore some of the many facets of motherhood. We shall discuss several tasks which are performed almost on a daily basis by mothers that require special professional skill.

TACTICIAN She must make sure that all family members have meals on time as well as keep their various appointments. (E.g., getting father to work and children to school). In addition, if she has an outside job, this requires even greater tactical skills.

DISCIPLINARIAN When discipline is required she must know how and when to apply it. She cannot say "wait until your father comes home." This requires tough love and wisdom from God.



Many Facets of Motherhood

"The management and instruction of children is the noblest missionary work that any man or woman can undertake"

DIPLOMAT Because she is the homemaker, she not only must know what has to be done but must also be aware of when it is the best time to do it. As tasks are naturally to be well accomplished, they must also be completed on time. However, she is also the medium that keeps the lines of communication open between family members. This truly requires diplomatic skills.

All the aforementioned jobs require a knowledge of military procedures and diplomacy.

Which means, so to speak, mothers are military strategists and diplomats.

DIETICIAN Nutrition is a key element to wellness.

Therefore mothers must have a knowledge of nutrients and their relationship to one another. She must combine foods in such a manner that her family may reap the greatest benefit from the foods they consume.

'DR. MOM' Because she is responsible for the health and well being of her family, she must know how the human organism functions. *In Counsels on Health*, we are told that "It is a sin to be sick, for all sickness is the results of transgression." *Counsels on Health*, p. 37. Another statement which warrants our attention is found in *Counsels on Education*, p. 136. "To become acquainted with the wonderful human organism, the bones, muscles, stomach, liver, bowels, heart and pores of the skin, and to understand the dependence of one organ upon another for the healthful action of all, is a study in which most mothers

It is sometimes said that 'clothes make the man'! A person gives a good or bad impression based solely upon clothing. Therefore ones clothing must be well made and kept mended when necessary. This means that the mother is also a seamstress.

Finally, because the mother is responsible for the spiritual atmosphere of the home, she needs the skills of a chaplain and a counselor. Thus (mother) "should seek most earnestly for that wisdom which Jesus is ever ready to give..." *Counsels on Education*, p. 204.

THE MOTHER'S OPPORTUNITY "There is a God above, and the light and glory from His throne rests upon the faithful mother as she tries to educate her children to resist the influence of evil. No other work can equal hers in importance. She has not, like the artist, to paint a form

Earnestly will she inquire at every step, 'What hath God spoken?'

take no interest. They know nothing of the influence of the body upon the mind and of the mind upon the body.... It is therefore of the highest importance that among the studies selected for childhood, physiology should occupy the first place." *Counsels on Health*, p. 38.

BUSINESS ADMINISTRATOR What are we talking about here? Is this simply an exaggeration of duties? Let us take a moment to explore this facet of a mother's tasks. She must do ALL the marketing. Moreover, she is responsible for all the household accounts. She must pay the bills, buy the food, clothing and sundry household items. Furthermore, she must know when auxiliary services such as a plumber or electrician are needed. Therefore, she must provide for emergencies. Is this not business administration? (See Answerer, Book, 4, pp. 71-73).

DOMESTIC ENGINEER These routine tasks, which to some may seem like drudgery, must be performed on a daily basis.

Cooking not only requires preparation but also services. It must be done well and with care. Food must be attractive and have a nice aroma in order to be eaten and digested well. It most certainly should be consumed in a pleasant atmosphere. Therefore mothers need the skills of a chef.

Cleaning house is an essential part of a mother's duties. Bro. Houteff states that often pestilences are sent because of an untidy or unclean home. (See Timely Greetings, Vol. I, pp. 9-10) Thus mothers are also janitors.

Clean clothes are also needed. This too is the mother's responsibility, therefore she is also the laundress.

of beauty upon canvas, nor, like the sculptor, to chisel it from marble. She has not, like the author, to embody a noble thought in words of power, nor, like the musician, to express a beautiful sentiment in melody. It is hers, with the help of God, to develop in a human soul the likeness of the divine.

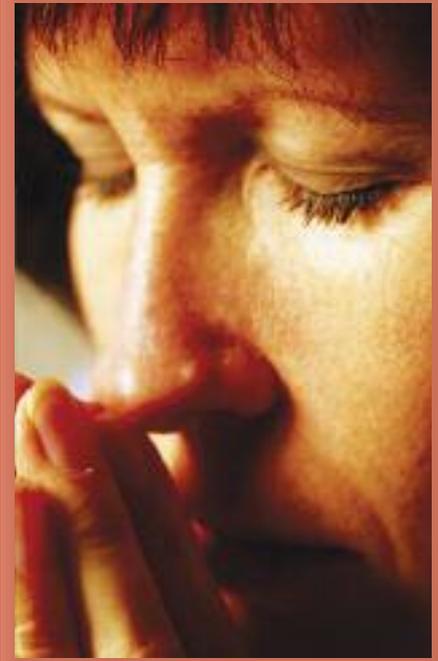
"The mother who appreciates this will regard her opportunities as priceless. Earnestly will she seek, in her own character and by her methods of training, to present before her children the highest ideal. Earnestly, patiently, courageously, she will endeavor to improve her own abilities, that she may use aright the highest powers of the mind in the training of her children. Earnestly will she inquire at every step, 'What hath God spoken?' Diligently she will study His word. She will keep her eyes fixed upon Christ, that her own daily experience, in the lowly round of care and duty, may be a true reflection of the one true Life." — *The Ministry of Healing*, pp.377-8.

(Article submitted by Sis F. Frye. Excerpts taken from lecture given at Special Women's Meeting.)

Note: Many of you have requested guidance with parenting. Because it is impossible to cover the entire spectrum of parenthood in one article, these two articles are merely the beginning of a series. It is our hope that some of you will be willing to share some of your insights on this vast subject for future articles. In the meantime, we have presented some thoughts appertaining to the many facets of father- and motherhood gleaned from the Spirit of Prophecy. We, as a people, have been truly blessed with many inspired writings on this most important subject.

When I Pray Things Happen

BY ELLEN G. WHITE



Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse with our heavenly Father. Our minds may be drawn out toward Him; we may meditate upon His works, His mercies, His blessings; but this is not, in the fullest sense, communing with Him. In order to commune with God, we must have something to say to Him concerning our actual life.

Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him.

When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us.

Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seek-

ing from His Father fresh supplies of strength, that He might come forth braced for duty and trial. He is our example in all things. He is a brother in our infirmities, "in all points tempted like as we are;" but as the sinless one His nature recoiled from evil; He endured struggles and torture of soul in a world of sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer.

Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of heaven think of poor helpless human beings, who are subject to temptation, when God's heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they pray so little and have so little faith? The angels love to bow before God; they love to be near Him. They regard

communion with God as their highest joy; and yet the children of earth, who need so much the help that God only can give, seem satisfied to walk without the light of His Spirit, the companionship of His presence.

The darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. The adversary seeks continually to obstruct the way to the mercy seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation. p

Taken from *Steps To Christ*, pp. 94, 95.

In order to commune with God, we must have something to say to Him concerning our actual life.



The Man 6 Priest or

His bulletproof motorcar eases its way through crowded streets to the applause of thousands jostling for a glimpse at the aged but celebrated and pious patriarch. With compassionate eyes and a warm smile he waves slowly at his admirers. The roar of the hordes of spectators tell us that it is always a pomp and ceremonious occasion when Pope John Paul II visits a city. Kings, queens, presidents and prime ministers pay him homage.

But outside of the cheers and veneration of the white-haired and white-robed viceregent of Rome, others view him with grim suspicion. It is more than skepticism and misgivings. They have always seen a different side of the benevolent peacemaker. To them he does not represent the hope of a better world, but a villain of huge proportions carrying a legacy of malfeasance, stained with the blood of millions of just souls and a millennia plus of sacrilege—the Antichrist of Antichrists. These opponents of Rome follow a long train of Protestants: Martin Luther, John Bunyan, and countless

others, who challenged the Pontiffs and condemned them as Paul's prophetic "man of sin,"¹ and the future despot of globalism.

Seventh-Day Adventists, based on the prophecy of Revelation chapter thirteen, share these views. Officially, we teach the resurgence of Roman supremacy, and that the world, including the United States of America, will pay explicit veneration to both the Papacy and its religious institutions, particularly, Sunday observance. We say that this act will establish the Pontiff as the undisputed head—the man who bears the mystical number 666 and who will threaten all opposers with the pain of death.

Could we have been wrong?

There are other candidates for this position of "world despot." There are the world economic and political elites, the numerous religious heavies, countless spiritualists and gurus, not to mention Communism. (Don't let anyone fool you, Communism is not really dead—but that's another study). It all depends from whose

vantage point you view the subject. Admittedly, the idea that the Papacy is the 666 appears logical but is it really biblical?

There is no contesting the sordid and barbarous history of Ecclesiastical Rome. Who can deny the grotesque crusades, the inquisition, and the St. Bartholomew massacre. And yes, the Bible plainly reveals that there will be a replication of the international church-and-state rule of the Middle Ages, along with its train of "intolerance and persecution."² But could it be that we have been mistaken about the Papacy's role for the future? Is it possible that we have misunderstood the biblical record concerning the identity of the 666? Could it be that the 666 is not the pope after all?

Hopefully, you don't mind your views being challenged. Well, we shouldn't. Inspiration tells us that: "We have many lessons to learn and many, many to unlearn."³ Furthermore, says the servant of the Lord, "There is need of a much closer study of the word of God; especially should Daniel and the Revelation have atten-

66 President?



tion as never before in the history of our work. We may have less to say in some lines, in regard to the Roman power and the papacy; but we should call attention to what the prophets and apostles have written under the inspiration of the Holy Spirit of God.”⁴

Interesting? Why don't we restudy the subject—although in brief—the Scriptural record in regards to the subject. We need to know the truth so we can be prepared.

The First Beast

In Daniel Chapter 7, we are told of the four ancient world powers—Babylon, Medo-Persia, Greece, and Rome (Pagan and Papal)—lion, bear, leopard, and non-descript beast, respectively. In Revelation Chapter 13, verses 1 -10, we have the description of a ten-horned, seven-headed crowned beast, who came out of the sea having the mouth of a lion, the feet of a bear, body of a leopard, and the ten horns of the Non-descript beast.

“And I stood upon the sand of the sea, and saw a beast rise up out of the

sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy. And the beast which I saw was like unto a leopard, and his feet were as the feet of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority. And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and all the world wondered after the beast. And they worshiped the dragon which gave power unto the beast: and they worshiped the beast, saying, who is like unto the beast? Who is able to make war with him?”

The composite make-up of the beast is a faithful witness that he is a descendant and melting pot of the ancient empires. The beast's forty-two month period (verse 5)—1260 years—538 A.D. to 1798 A.D. falls in the time of ecclesiastical or Papal Rome; whereas its wounded state (Rev. 13:3), symbolizes it during the Protestant period. In other words, the beast represents three periods: The period prior to the wound, the period

during the wound, and the period after the wound is healed. Thus this conglomerate beast, covers the history of the Papacy and Protestantism.

Moreover, the ten horns or kings of Daniel's fourth symbolical beast—Rome—were crownless. Why? Because the popes had the authority—they had the rulership. The crowns of the Leopard-like, however, show that he represents the period in which the kings took back their crowns—rulership. Thus, John's beast reveals a world after the fall of the Papacy where the nations regain their civil powers and independence. This again is showing that the Leopard-like Beast prefigures the world primarily after the collapse of the Vatican in 1798. This is just more proof that the beast is a symbol of the world we live in today.

Now, looking at the heads, we see that one was wounded but later healed. It is commonly understood that the one wounded head is a clear symbol of the Papacy who received its fatal blow during the Protestant reformation culminating in the arrest of an already weakened Rome. So if

one head is a religious body, then the other six unharmed heads must be other religious bodies—churches, if you will. The number seven shows “completeness”, comprehensiveness.⁵ In short, it means that the heads por-

“power.” (Verses 3, 4).

Revelation 13, verses 11 -18, describes the second beast in this chapter:

The Second Beast

erty. And his having the power to dictate who should buy and who should not, shows that he represents a nation that leads in controlling the world’s wealth and industry.

Having only two horns, not ten,

America will urge the world to reestablish an apostate religious-political system after the model of Western society with principles imaging those of the Dark Ages.

tray Christendom in its entirety, and the horns being ten, portray the civil governments that were at one time under the rule of Rome, but were later freed. Thus both horns and heads must represent the world today, particularly western society, just as how Daniel’s four beasts represented the world in their day. In other words, this first beast of Revelation 13 could not represent the Papacy alone, but a universal system led by Western ideals of which the Papacy is only a part.

In summary, this multi-headed, multi-horned beasts, must represent a world comprised of many Christian churches and nations, born and developed out of the struggles of the Dark Ages and Papal Rome; a world dominated by Catholicism, Protestantism, Democracy, and Capitalism.

If this sounds like Western culture, you’re right! Is it not true that our present world is led by the West? Western culture, the culture which broke away from Rome, now indoctrinates the world. Generally speaking, everyone covets western lifestyle. No wonder the Leopard-like Beast boasts: “Who is like unto the beast? Who is able to make war with him?” (Verse 4). And no marvel “all the world wondered after the beast [the system]. . . and the dragon gives him

“And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon. And he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed. . . he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six.” (Verses 11, 12, 15 - 18.)

It is well known, particularly in Adventist circles, that this two-horned non-royalist power represents our blessed country, the United States of America.⁶ No doubt you’re also familiar with the reasons. Unlike the first beast, he comes from the earth, the new world. The two crownless horns show two non-royalist two-party government based on its Republican and Protestant ideals. The lamb-like appearance forecasts youthful innocence—established upon the principles of peace and lib-

the beast therefore depicts a local, not a universal government. Nevertheless, he will influence all Christendom to “make an image to the beast, which had the wound by a sword, and did live.” That is, he will engineer a worldwide government set-up, reenthroning the principles of the church-state rule of Papal Rome; a system now characterized by Catholicism, apostate Protestantism, and Capitalism. In other words, the world will copy the Leopard-like beast. (Verse 12) Put still another way, it means that America will urge the world to reestablish an apostate religious-political system after the model of Western society with principles imaging those of the Dark Ages. (Verse 12). Note that it did not say that the Two-horned beast urged the world to worship the “head”—the Papacy, but the “beast”— the system— which is: Catholicism, apostate Protestantism, and Capitalism, topped off with Spiritualism! This is when, “Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and republican govern-

ment. . .”⁷

The “Beast” and the “Man”

Now that we have looked at the context of Revelation 13, we are now better prepared to identify the 666. “Here is wisdom,” says the Scriptures. “Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six.” (Verse 18).

To identify this “man,” we must identify the “beast”—the power the “man” represents and leads. Thus we must ask, to which power is Verse 18 referring? The Leopard-like or the Two-horned? Look at it again! Note that it did not say, count the number of the beast with the wound! Or count the number of the beast which had his deadly wound healed! It just states, “count the number of the beast.” Whenever the Bible refers to the Leopard-like beast, it always mentions the wound! (See verses 3, 12). In contrast, “the beast” without mention of the wound, is the Two-horned Beast or the Image Beast.” So the beast or power in verse 18 is the Two-horned or the United States of America—not the Papacy!

Furthermore, if this is not so, why so many symbols for the Papacy? We have the little horn of Daniel 7. We say that the Leopard-like Beast, the 666, the Woman of Revelation 17, the seven heads on which she sits, and the Scarlet-colored Beast are all symbols of Rome! Why? What about the rise and fall of Protestantism? What about the rise of Western culture? What about our present world? Why would God leave them out?

Still skeptical? Consider the following inspired references: “This power is the last that treads down the true church of God and as the true church is still trodden down, and cast

out by all Christendom, it follows that the last oppressive power has not ‘come to his end;’ and Michael has not stood up. This last power that treads down the saints is brought to view in Rev. 13:11 -18. His number is 666. . .”⁸

“I saw that the number (666) of the Image Beast [the two-horned] was made up; and that it was the beast [Leopard-like] that changed the Sabbath, and the image Beast had followed on after, and kept the Pope’s and not God’s Sabbath.”⁹ Brackets added.

The first statement was made by James White but in conjunction with Ellen White. The second is hers. Note that they do agree and make a very pungent point: That the number 666 is the power found in verses 11 - 18, which is the Two-horned or the United States—otherwise known as the “Image Beast.” So the number 666 is not on the Leopard-like Beast who is found in verses 1 - 10 of Revelation 13 and who changed the Sabbath during the Dark Ages, but on the “Image Beast who followed. This is clear, logical, and biblical! After all, the context of verses 11 -18, reveal the identity and work of the United States, not the Leopard-like!

Thus the “man” who stands at the head of the United States at the time of the fulfillment of this prophecy will bear the enigmatic number “666,” not the Pope! Yes, the Bible does state that America will pay homage to the Leopard-like Beast, but, we have already seen that the Leopard-like Beast is not the Papacy alone, but in fact, represents the Western world model or system. Again, the Bible did not say that America will tell the world to worship the “head” but the “beast”—the system! The truth is that the Papacy will never again rule like she did in the Middle Ages. That’s

right! Never! Her time for dominance is over. Yes, she will be influential. Yes she will probably gloat over the homage paid her through a Sunday law, however, she will never again sit atop the world. About now, you’re probably saying that old ideas die hard. Well, that may be true, but don’t keep them alive.

“I saw that the two-horned beast,” wrote Ellen White, “had a dragon’s mouth, and that his power was in his head, and that the decree would go out of his mouth. Then I saw the Mother of Harlots; that the mother was not the daughters, but separate and distinct from them. She has had her day, and it is past, and her daughters, the Protestant sects, were the next to come on the stage and act out the same mind that the mother had when she persecuted the saints. I saw that as the mother has been declining in power the daughters had been growing and soon they will exercise the power once exercised by the mother.”¹⁰

Obviously, the Enemy wants us to focus in one direction while he attacks from another. While we trace the Papacy’s every move, the real danger lurks behind us, waiting to snag our unwary souls into his honed claws.

“All who will not bow to the decree of the national councils,” the servant of the Lord continued, “and obey the national laws to exalt the Sabbath instituted by the man of sin, to the disregard to God’s holy day, will feel, not the oppressive power of popery alone, but of the Protestant world, the Image of the Beast.”¹¹

The History of the Number

Now you’re saying, fine, but why does the Latin numerals on the Pope’s title Vicarius Filii Dei add up to 666? A fair question indeed. But perhaps

we have forgotten that this phenomenon is replete throughout the long history of paganism, astrology, and witchcraft. The numbers 6, 36 and 666 are sacred in these circles. So why would it be strange for the Pope's title to equal 666 when the Papacy is itself fraught with Paganism!

The Bible places the number on the Two-horned Beast—the United States, not the Papacy.

Furthermore, there are countless names that numerically compute to 666—it is not restricted to the Pope alone! XIUN, one of the names for the Sun-god in Greek, numerically added to 666.¹² The Mythological bird of the Egyptians, Phoenicians, and many of the Indian tribes of North America, was the Phoenix, worshiped as the bright and morning star. In Egypt it was the representation of the nocturnal symbol of the Sun-god Osiris. In Greek transliteration, the Phoenix was spelled the FENEX, whose numerical value equaled 666.¹³ An ancient Greek name for Satan was TEITAN, which equals 666 in its numerical values. Even the original Roman numerals, IVXLCD, also equaled 666.

Astrologers commonly used 6, 36, and 666 for their divinations. “They invented magic charts. . . Like the roulette wheel. The charts were divided into 36 numbered divisions. There were six columns in all directions with the numbers 1 to 36 placed inside the entire chart. Any direction you add the columns, they add to 111. There are six squares in each column and six times 111 equals 666. If you add all the numbers from 1 to 36 they will also add to 666. . . the number 666 was the summary number of

the sun-god, because it was his sacred number as the Ruler of the Zodiac.”¹⁴

The Bible places the number on the Two-horned Beast—the United States, not the Papacy. So the prevailing belief that the number 666 is the numerical identification of some other power is the spawn of the

Prince of Darkness, and is calculated to conceal if possible the identification of this two-horned power. God places the number on the United States, and there we must leave it.¹⁵

Thus The Beast's civil authority—the man 666—combined with the False Prophet's supernatural power, points to a union of beast and prophet—an affiliation of state and of church representatives. Together they, leading the United States, will control the world's politics, economics, and religion, and will seek to compel all to bow to the “Image of the Beast.”

Maybe we need to look less at the Pope and more at ourselves and apostate Protestantism. No wonder Inspiration intimated that if we studied Daniel and Revelation more closely, we “may have less to say in some lines, in regard to the Roman power and the Papacy.”¹⁶ p

—Editors

- ¹ 2 Thessalonians, 2: 3.
- ² E. G. White, *The Great Controversy*, p. 442.
- ³ E. G. White, *Counsels on Sabbath School Work*, p. 37.
- ⁴ E. G. White, *Testimonies to Ministers and Gospel Workers*, p. 112.
- ⁵ E. G. White, *Acts of the Apostles*, p. 585.
- ⁶ E. G. White, *The Great Controversy*, pp. 440 - 442.
- ⁷ E. G. White, *Testimonies for the Church*, Vol. 5,

p. 451.

⁸ James White, *A Word to the Little Flock*, pp. 8,9.

⁹ E. G. White, *Ibid.* p. 19

¹⁰ E. G. White, *Spalding-Megan Collection*, “Copy of Three Visitors.”

¹¹ E. G. White, *Selected Messages, Book Two*, p. 380.

¹² Higgins, *Anacapsis*, Vol. 2, p. 210.

¹³ *Mythology of All Races*, Vol. 12, p. 54.

¹⁴ W. J. Sutton, *The New Age Movement and the Illuminati 666*, pp. 66, 67.

¹⁵ V. T. Houteff, *The World Yesterday, Today, and Tomorrow*, p. 27ies to Ministers and Gospel Workers, p. 112

Think About It

“Higher than the highest human thought can reach is God's ideal for His children. Godlines, Godlikeness is the goal to be reached”

Education, p. 51



Daily Routines

that can cost you Big

A recent study found that showerheads are apparently a nightclub of sorts for bacteria—a warm, dark haven to party and multiply. An analysis of 50 showerheads from nine U.S. cities found about 30 percent contained high levels of a strain of bacteria that can cause lung infections when inhaled or swallowed. The levels were 100 times higher in showerheads than in typical household water, the researchers found. This means your everyday routine may involve luxuriating in a cascade of germs. Aside from pondering the prospects of companies that manufacture showerheads, the report made me wonder: What dark corruption might be lurking behind your daily money routines, imperiling your road to wealth? What every day activities may be threatening your financial health? Here are seven:

1 Tossing out the “junk mail” from your credit card company.

The Credit Card Holders Bill of Rights Act goes into full effect in February. Ahead of that deadline, companies are changing the terms of customer agreements. For example, the new law prohibits raising the interest rate on existing balances unless a customer pays more than 60 days late. To skirt that provision, firms are notifying customers that their cards are now “variable rate.” (Translation: We can jack up your rate whenever we please.)

So watch those benign notices, and be ready to call

and demand a fixed-rate card or take your business elsewhere. Amid these tactics, a new bill calls for moving up the deadline on the credit card law to Dec. 1.

2 Using a debit card without writing down the transactions in your account register.

Debit cards are expected to account for 60 percent of transactions this year, but debit-card users tend to lose track of their money: Swiping plastic triggers 44 percent of overdraft fees, while paper checks account for just 27 percent.

A new report finds 50 million Americans overdrew their accounts at least once in a 12-month period, and 27 million incurred five or more overdraft fees. At an average of \$34 a pop, that’s a lot of beans—literally. By one account, Americans spend about the same amount on overdraft fees as they do on fresh vegetables.

Why write down debit spending? Because swiping a card doesn’t feel the same as laying out cash. The discipline of recording the transaction may reduce mindless spending and makes money easier to track. Simplify your money trail by using online bill pay for all your regular monthly bills, rather than having money withdrawn from your account by outside companies. Then take 30 seconds a day to log on to your account, add the pending transactions in bill pay to the outstanding checks and debits listed in your register that haven’t cleared yet. Subtract from the

current balance. If the result is nearing zero, add money to the account. Voila—no overdrafts, no fees.

3 Ignoring new bank charges.

You may have noticed banks are a bit desperate these days to make a buck. One of the more recent innovations is dinging customers who make electronic transfers to an external account.

Example: In the last year, Wachovia started charging customers \$3 per transfer to an outside bank. Let's say you automatically stash \$100 a week into a savings account at an online bank offering 1.8 percent interest (the current top rate). Smart move. Except Wachovia will now ding you for 3 percent of that weekly deposit. Annual cost? \$156.

Meanwhile, Wachovia doesn't offer any savings accounts that compete with a 1.8 percent rate (except Way to Save, which severely restricts the amount you can deposit). Solution: Find a local bank or credit union with no transfer fees, so you're free to access higher returns.

4 Investing time in the wrong things.

Maybe you're someone who will drive 20 minutes to a store on your lunch hour to get \$5 off a \$20 sweater. Or you'll spend 45 minutes on the phone protesting a \$3 error on the cable bill. But when you start a new job, you procrastinate for two years before joining the 401(k) plan or leave your contribution languishing in a money-market account.

Make a weekly to-do list of your financial decisions (savings and spending) and then prioritize them in terms of bang-for-the-buck over time. When you do the math, you'll see why paying off credit cards in full and contributing to a retirement plan that offers a match should be at the top of the list.

5 Spending with no goals to guide you.

One definition of insanity, attributed to Albert Einstein, is doing the same thing over and over again and expecting different results. Yet that's how some people approach their finances. They earn and spend and earn and spend, and wonder why they aren't making any progress.

Break the mindless cycle by figuring out what you value most, whether it's world travel, returning to school to change careers, home ownership, a peaceful retirement or a debt-free college education for the kids. Then set specific goals, with real time frames, and track your advancement on a monthly basis. Make this a daily discipline by

putting a list of those goals in your face—the fridge, your desk at work, your wallet.

6 Failing to track spending.

You can't succeed at No. 5 if you don't know precisely where your money is going. When I first started working, I carried a pencil and paper around and wrote everything down. Today, there are numerous desktop software applications and Web sites that will aggregate your finances and track your spending and savings.

You can pay upfront for software. Choose an online program that's free, but supported by sponsored ads and offers you'll see when you log in (and the service may sell your data). Or you can pay a monthly fee for a site with no outside ads or offers. Check out this recent list of budgeting tools at the blog *Get Rich Slowly*.

7 Failing to exercise.

How can this hurt your finances? Daily physical activity lowers the risk of a multitude of ailments, from heart disease to diabetes to certain kinds of cancer, which are obviously expensive to treat, even for people who have health insurance.

A Harvard study found medical bills are behind 60 percent of U.S. bankruptcies, and more than 75 percent of bankrupt families had health insurance at the onset of the illness. Meanwhile, a regular work-out might get you a raise. Studies have found exercise can improve your performance at work by boosting cognitive skills and productivity, and reducing stress and absenteeism.

In the meantime, while you're thinking about health, consider changing the showerhead. p

By Laura Rowley

A *Foul* Mouth

What goes in can defile you

In the midst of improving our diets, dusting off our walking shoes, and managing our stress better, we think we have all of the bases covered to guarantee us ultimate health. Diet and ifestyle...check! Done.

But wait Just a minute. Open wide. Look inside your mouth and tell me what you see. Any periodontal disease in there? Any amalgam (silver) fillings? Any root canal treated teeth? Any bridges? Any implants? Any metal at all? "Well of course," you say, "who doesn't? Do I have to take care of these things, too?"

Well, let's just say that the dentists have been making money by the mouthful, and they haven't really cared too much about your overall health, just your smile.

Amalgams

Let's start with the obvious—the "silver" fillings that our dentists and the American Dental Association (ADA) have assured us are safe. They are about 50% "silver", as in quicksilver, or mercurv. The ADA was actually created by dentists in 1859 to promote the use of amalgam fillings. It was and still is just a trade association to promote their services. Even then much was known about the harmful effects of mercurv. It is

amazing, really, that this toxic metal ever found a place in the human body.

Did your dentist ever tell you that amalgams are not really 50% mercurv? The metal alloy that is mixed with mercurv has silver, tin, copper, and maybe some gold, palladium, indium, selenium or zinc in it. But then this alloy is mixed with about an equal portion of mercury to form the amalgam that is placed in the mouth. So, the alloy doesn't have mercury in it, but the final amalgam sure does.

Can mercury come out of your amalgam fillings and harm you? Haven't you seen the smoking tooth video produced by the International Academy of Oral Medicine and Toxicology (IAOMT.org)? A 25-year-old tooth was warmed to body temperature or rubbed with a pencil eraser. In the background fluorescent screen the mercury vapor can be seen coming streaming off the tooth. Any chewing, rubbing, or hot liquids increase the rate of mercury vapor. A mercury vapor meter in any dental office dealing with amalgam fillings would be enough to make any dentist take extreme precautions, as he and his staff are the ones who are exposed to very high levels of mercury vapor everyday.

Clearly, mercury comes out of the

tooth. Does it cause harm? Mercury is the most toxic element on Earth besides plutonium. How could it not harm you? Mercury is easily taken into the body, but it is difficult to remove. Its toxic effects are widespread throughout the body.

When amalgam fillings were placed in a sheep, just 29 days later elevated levels (above the concentration in the blood) of mercury were found in the jaw bone, lungs, trachea, kidneys, liver, spleen, frontal cortex and thalamus region of the brain, and endocrine glands (adrenals, pituitary, pancreas, thyroid, and ovary). This same test was done in a monkey with the same widespread poisoning.

Seeing that mercury is deposited all over the body it is clear that chronic exposure will have toxic effects on multiple organs and systems. It turns out that mercury is so toxic and amalgams so dangerous, that, according to David Kennedy, DDS, the former president of the IAOMT, "if they have more than four Amalgam fillings in their mouth, the average person's saliva is so high in mercury they cannot legally spit in the toilet."

What Do I Do?

I hope you are convinced that amalgams are toxic and remain toxic as long as you have them in your

mouth. Mercury never should have been used in people for anything. Like-lead, there is no safe level below which a toxic response is not seen. Some of the effects can be offset but not entirely eliminated by a very healthy diet and lifestyle.

So, what do you do? If you have health issues that appear related to toxic mercury exposure it seems like prompt removal would be a good idea. Talk to a biological dentist regarding your symptoms. If you have no issues, you might wait, but beware that you are likely slowly poisoning yourself.

Amalgams have always been about 50% mercury, but the amount of copper in the metal alloy was increased from low to high amounts in about 1960 to reduce the corrosion rate. The differences in rates of mercury vaporization may be as much as 50 times as high in the high copper amalgams compared to the low copper amalgams prior to 1960. The amount of silver, copper, and especially tin together affect the rate of mercury vaporization. If you have really old fillings they may not be so bad. However, since amalgams don't bond to the tooth but rather shrink away, it is possible over time for them to allow bacteria under a filling and create a cavity below an amalgam filling.

Testing for Mercury Toxicity

It is difficult to tell how much mercury is in a person. A chelator (DMPS or DMSA) challenge method can tell you if the body still has mercury in it, but it can't tell you how much is left. Mercury itself poisons the body, especially the kidneys, so that excretion of mercury and other heavy metals is impaired, so a simple urine or blood test really tells you nothing. Hair tests don't correlate

with body burden either. The best test method is the urinary porphyrin profile test. This test measures the metabolic effects of mercury rather than mercury itself. Specific enzymes in the heme production pathway are blocked by mercury, leading to elevation of partly formed heme molecules, known as porphyrins.

Measuring precoproporphyrins in the urine gives a clear indication of the body's metabolic mercury burden. The porphyrin profile test has been validated and is available from a few reputable laboratories (Laboratoire Philippe Auguste in Paris, France, Mctamatrix, and Great Plains Laboratory).

Safe Removal of Amalgams

Any dentist can remove an amalgam, but few know how to do it in a way that protects themselves, their staff, and the patient. But first, the patient must be in good condition before any protocol is done. This means a clean diet full of fruits and vegetables, fresh vegetable juices and lots of fiber-containing food. The Hallelujah Diet would be very helpful here as the body is provided with the materials to restore function to impaired systems, especially the liver and kidneys. Yeast overgrowth must be controlled. Candida won't be fully controlled until amalgams are removed, but it can be minimized. Using NDF, a micronized blend of cilantro and chlorella, will help safely lower the body's burden of mercury, which will likely improve the elimination pathways that must work well while amalgams are being removed. I would expect NDF to be helpful with Candida as it will remove the heavy metal "shield" that the Candida is using to protect itself.

At the dentist's office, assuming you found a holistic mercury-free

dentist, you should find a high volume air evacuation system with mercury trapping technology to protect you and the staff from mercury vapor. Of course a rubber dam would be used to keep chunks of amalgam from being swallowed. Drapes over the face and clothing and goggles give another layer of protection. The staff may use air masks that filter out mercury. A special drill to shatter or slice the old amalgam would be great, rather than using a high speed drill to grind the old amalgam. Keeping the drill speed lower and cool cuts down on mercury vapor. Activated charcoal can be used to bind metal particles in the mouth. A couple of teaspoons of activated charcoal should be taken orally with water before beginning the whole procedure. Some offices will make an intravenous drip of vitamin C available to help chelate any mercury that gets into the bloodstream. Dr. Hal Huggins says intravenous vitamin C is preferable to taking oral vitamin C, as this can interfere with the anesthesia and cause pain. Biocompatibility testing for the restoration material can be helpful. Large restorations can be made of ceramic right in the dental office with a CEREC machine. It is important that your biochemistry is compatible with the ceramics being used by this machine as the restoration is difficult to remove later on.

The amalgam replacement procedure stirs up a lot of mercury, so it is important to keep detoxification pathways open and moving for the next few days. Extra water and fiber are important. Some light exercise to move the lymph around would keep body fluids from getting stagnant. Adequate blood circulation will help the liver and kidneys remove the mercury and other heavy metals from the body. A few good doses of NDF

will help bind and remove mercury that is in the bloodstream and intestinal tract so that it is not reabsorbed. Extra vitamin C will also help clean the bloodstream from mercury.

After people have their amalgams removed it can take several months for their urine mercury levels to decrease to levels of those who don't have amalgams. Using NDF will help cleanse the body of the mercury that has accumulated over time. The porphyrin profile test can help you know when your metabolism is free from the influence of residual mercury.

Beyond Amalgams

Even though we have covered amalgam fillings, mercury testing, and safe amalgam replacements, there are other issues in the mouth—

root canals, jaw cavitations, periodontal disease, oral pathology and cancer, the use of oral bisphosphonate drugs, fluoride treatments, safe restorations (bridges vs. implants) and metals in the mouth. All of these contribute to our overall health and disease, perhaps more than we think. It will take another generation of true biological dentistry to uncover all of the mouth-health connections that we currently suffer from. We will cover these in a future article. p

By **Michael Donaldson**, PhD Health-News – (Hallelujah Acres – Jan/Feb 2010) No. 59

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Announcements

General Conference Mission

General Conference Session is being held in Atlanta, Georgia on the following dates: June 23rd through July 3rd. Those brethren desirous of helping to distribute literature to our brethren, please notify Headquarters so that the appropriate plans can be made. We will need an accurate headcount so that housing can be provided.

Session

Session for this year will be held from Friday, July 30th through Sabbath, August 7th. Please remember this most important meeting in your daily prayers. We pray that each and every card-holding member plans to attend.

Accommodations During Session

We will make all effort to house all attendees at Session; however, priority will be given to delegates and card-holding members. If you are planning to attend and need accommodations, please contact the office at your earliest convenience (845) 434-5282. Also, if you are planning to attend and need letters of invitation for immigration pur-

poses, please let us know at your earliest convenience.

CONGRATULATIONS

1 "[Whoso] findeth a wife findeth a good [thing], and obtaineth favour of the LORD. {Proverbs 18:22}.

Bro. Errol Stanford and Sis. Carole Lubin are happy to announce that they will be joining their lives in holy matrimony on July 18, 2010 at Mt. Carmel Center Chapel. Please lift them up in prayer as they contemplate this most important decision to enter into the school of marriage.

DLI

We are excited to announce that we will be having DLI this year at Mt. Carmel. Currently, there are 5 potential students waiting to attend. This year, we will again be privileged to hold an International class. We have two French students, one Spanish and two English. We continue to praise God for students who are anxious to learn how to present the message and to be soldiers on the battlefield for our Lord.

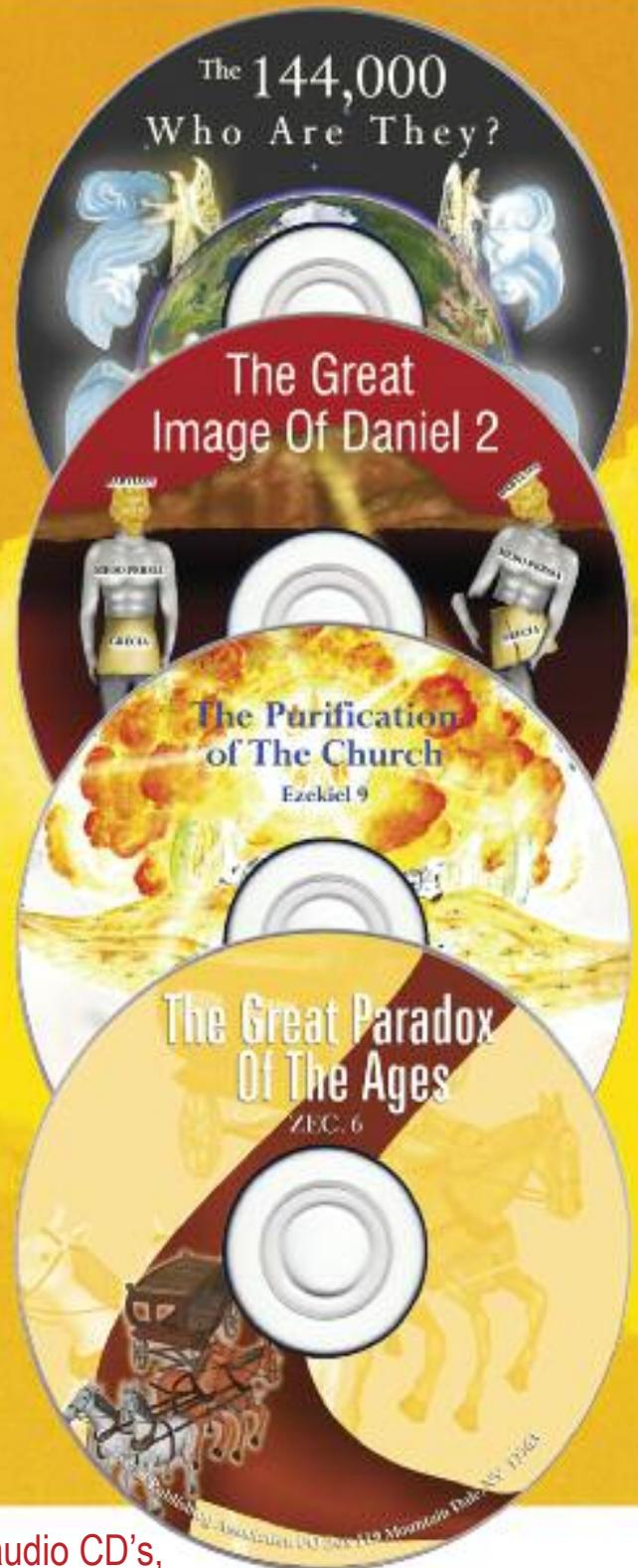
Free Audio Studies

Learn about this most crucial topic of the 144,000 - Who are they? And can you be a part of this special group of people? Learn what will happen to those who are not a part of this group.

We are very familiar with the ancient prophecy of Daniel 2, but is the stone really a picture of Jesus? And where did the stone come from? And why does the stone grow into a mountain? This CD will answer these important questions.

Did you know that the Lord is about to cleanse the SDA church by removing the unfaithful from its midst? And that this purification takes place before Jesus comes the second time? Request this invaluable CD to learn how.

This audio study of Zechariah 6 will show you the struggle that is waging within the SDA church that will culminate in a change of leadership just before the "Loud Cry".



To request your free copy of these must have audio CD's, please write to us at the following address: SDA Prophetic Ministry, PO Box 119, Mountain Dale NY 12763. You can also request these resources by visiting our web site at www.sdapropheticministry.org or you can call 845 434-5282.